





# SEPTEMBER 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>To Contact a Breastfeeding Peer Counselor near you:</b> <b>Counselor:</b> (443) 262-4423, press 2 for the BFPC line <b>Danya Benton RN, IBCLC:</b> (410)-758-0720 Ext: 4510 (BFPC Coordinator) <b>Upper Shore WIC Program:</b> Q.A.'s (443)262-4423 Kent (410) 810-0125		<b>Services:- Peer Counselor program</b> - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 2 for the BFPC line.- <b>International Board Certified Lactation Consultant / Registered Nurse</b> – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 Ext: 4510 <b>La Leche League (LLL)-Please refer to website for more information:</b> <a href="http://www.lll.org/">http://www.lll.org/</a>				
1	2 Labor Day	3 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	4	5	6 Anne Arundel Medical Center -7pm – Back to work and Breastfeeding Support Group -(443)481-6122 -FREE	7
8	9 Union Hospital – Elkton -5:30-7pm– Lactation Club -(443)245-7305 -FREE	10	11	12 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE	13	14
15	16 Union Hospital – Elkton -5:30-7pm– Lactation Club -(443)245-7305 -FREE	17 UM Shore Regional Health - Easton 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	18	19	20	21 UM Shore Regional Health - Easton 9-12:15 – Breastfeeding Class -410-822-1000 ext:5200 -FREE
22/29	23/30 Union Hospital – Elkton -5:30-7pm– Lactation Club -(443)245-7305 -FREE	24	25	26 Anne Arundel Medical Center -9am – Breastfeeding support group -(443)481-6122 -FREE	27	28

	<h1>OCTOBER 2019</h1>					
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		<b>1</b> <b>UM Shore Regional Health - Easton</b> 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	<b>2</b>	<b>3</b> <b>Union Hospital – Elkton</b> -6:30-9pm – Breastfeeding Basics -(443)406-1355 -\$10	<b>4</b> <b>Anne Arundel Medical Center</b> -7pm – Back to work and Breastfeeding Support Group -(443)481-6122 -FREE	<b>5</b>
<b>6</b>	<b>7</b> <b>Union Hospital – Elkton</b> -5:30-7pm– Lactation Club -(443)245-7305 -FREE	<b>8</b>	<b>9</b>	<b>10</b> <b>Anne Arundel Medical Center</b> -9am – Breastfeeding support group -(443)481-6122 -FREE	<b>11</b>	<b>12</b>
<b>13</b>	<b>14</b> <b>Columbus Day</b>	<b>15</b> <b>UM Shore Regional Health - Easton</b> 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	<b>16</b>	<b>17</b>	<b>16</b>	<b>19</b>

20	<b>21</b> <b>Union Hospital – Elkton</b> -5:30-7pm– Lactation Club -(443)245-7305 -FREE <b>Union Hospital – Elkton</b> -6-8pm– All About Pumping -(443)406-1355 -\$10	22	23	<b>24</b> <b>Anne Arundel Medical Center</b> -9am – Breastfeeding support group -(443)481-6122 -FREE	25	26
27	<b>28</b> <b>Union Hospital – Elkton</b> -5:30-7pm– Lactation Club -(443)245-7305 -FREE	29	30	31		
<div>  <div>  </div> </div> <h1>NOVEMBER 2019</h1>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>To Contact a Breastfeeding Peer Counselor near you:</b> <b>Counselor:</b> (443) 262-4423, press 2 for the BFPC line <b>Danya Benton RN, IBCLC:</b> (410)-758-0720 ext: 4510 (BFPC Coordinator) <b>Upper Shore WIC Program:</b> Q.A.'s (443)262-4423 Kent (410) 810-0125		<b>La Leche League (LLL)-Please refer to website for more information:</b> <a href="http://www.lllofmd-de-dc.org/">http://www.lllofmd-de-dc.org/</a>	<b>Services:- Peer Counselor program</b> - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 2 for the BFPC line.- <b>International Board Certified Lactation Consultant / Registered Nurse</b> – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510			
					<b>1</b> <b>Anne Arundel Medical Center</b> -7pm – Back to work and Breastfeeding Support Group -(443)481-6122 -FREE	2
3	<b>4</b> <b>Union Hospital – Elkton</b> -5:30-7pm– Lactation Club -(443)245-7305 -FREE	<b>5</b> <b>UM Shore Regional Health - Easton</b> 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	6	7	8	9
10	<b>11</b> <b>Veteran's Day</b>	12	13	14	15	16

				<b>Anne Arundel Medical Center</b> -9am – Breastfeeding support group -(443)481-6122 -FREE		<b>UM Shore Regional Health - Easton</b> 9-12:15 – Breastfeeding Class -410-822-1000 ext:5200 -FREE
<b>17</b>	<b>18</b> <b>Union Hospital – Elkton</b> -5:30-7pm– Lactation Club -(443)245-7305 -FREE	<b>19</b> <b>UM Shore Regional Health - Easton</b> 10-11:30- Breastfeeding support group -410-822-1000 ext:5200 -FREE	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
24	25 <b>Union Hospital – Elkton</b> -5:30-7pm– Lactation Club -(443)245-7305 -FREE	26	<b>27</b>	28 Thanksgiving	29 American Indian Heritage Day	30